



NEWSLETTER FOR THE DEL MAR MARINES

<http://www.tmqg.com/~imace>
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I MACE

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IMACE / 4th FSSG / 31st ITT

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Tricare Information

Starting March 10 2003, Activated reservists and their family members, if the Marine is on Active Duty orders for more than 30 days, will be eligible to enroll in Tricare Prime. The previous policy was for eligible family members of reservists called to active duty for more than 179 days. This policy also allows reserve family members to enroll in Tricare Prime Remote based on the service member's residence before mobilization. For family members to be eligible to enroll in the Tricare Prime Remote for Active Duty Family Members (TPRADFM) Program, sponsors and their family members must reside at a location that is at least 50 miles or more in distance or approximately a one-hour drive from the nearest Military treatment Facility (MTF). DEERS information must be accurate and up-to-date for activated reservists and their family members. Additional information can be found on the Tricare website at www.tricare.osd.mil/reserve or by calling the DoD Worldwide Tricare Information Center at 1-888-363-5433 or 1-877-363-6337. Operating Hours: 0900-1900 MON-FRI, 1100-1630 SAT (EST)

National Letter Carriers Day

On May 10th, letter carriers across America will be picking up donated food left at mailboxes. The food goes to local charities and will be welcomed by those with little or no income.

Upcoming Family Day

Currently, we are planning to have a family day on Sunday the 8th of June 2003. We are hoping that this will be a good time for the family members to visit with us as well as with each other. We have a few activities scheduled, but we are

4th FSSG (West)

looking for suggestions, from you, of activities in which you would like to participate.

Toll-free hotline for Operation Iraqi Freedom

The toll-free hotline number is 866-227-2708.

This hotline is intended primarily for concerned family members who are seeking accurate information, useful resources, and helpful referrals related to Marine Corps deployments. The general public is encouraged to go to the Marine Corps homepage at www.usmc.mil.

This hotline does not provide information on current operations or information on Marine Corps casualties. If a Marine becomes a casualty, the Marine Corps will personally notify all next of kin as soon as possible.

Finally, the hotline does not facilitate news media inquiries. Media queries should be directed to the Headquarters Marine Corps Media Branch at 703-614-4309.

Taxes

If you haven't already done your taxes, a review of Publication 3 Armed Forces Tax Guide could prove to be very useful. I recently downloaded a copy of the IRS Publication 3 (Armed Forces Tax Guide). It contains an abundant amount of information that should be helpful in filing your taxes. One bit of information that should be most useful, is that the IRS automatically extends the deadline for tax filing for military members serving in a hostile area by 180 days. There is no additional paperwork to file to receive this extension. The extension will allow 180 days after the individual leaves the combat area or the area is no longer considered a hostile zone. Publication 3 is available on the Internet at www.irs.gov/pub/irs-pdf/p3.pdf.

FAQ's

Frequently asked questions about Reservists being called to active duty are posted on the Dept of Labor website listed below. The Dept of Labor and Employee Benefits Security Administration has put together a list of the questions and answers to the most commonly asked questions.

http://www.dol.gov/ebsa/faqs/faq_911_2.html

Discounts and coupons for Military member and their families

Militarylifestyle.com was created exclusively for America's military men and women, and their families. They publish the latest military news, original articles, what's on sale at

commissaries and exchanges, valuable coupons, special offers, and resource information just for you. This service is FREE to all military members and their families.

COPING DURING WARTIME

www.mccsonesource.com

Now that the United States is engaged in conflict in Iraq, we all feel the impact in different ways. Many of us may have trouble concentrating, or feel overwhelmed by our emotions. All of these feelings are normal reactions. It can be difficult to handle some issues alone. MCCS One Source can help you:

- Manage feelings of stress, anger or fear
- Develop a family emergency plan
- Identify emergency resources in your area
- Handle tension at work and at home
- Ease your family's anxiety and concerns
- Talk with your children about the war

MCCS One Source also has a wide range of life articles to help you, your family, friends and co-workers handle the practical and emotional aspects of this challenging and difficult time.

- *When the Country Is at War*
- *Travel in Times of Terrorism, War, and World Uncertainty*
- *Planning for Emergencies During Times of War and World Uncertainty*
- *Managing in Times of Terrorism, War, and World Uncertainty*
- *Fear, Hostility, and Prejudice During Times of War and World Uncertainty*
- *Talking with Children About Violence and War*
- *Planning for Emergencies with Your Child Care Provider*

To speak with a consultant, please call:

From the United States: 800-433-6868

From outside the United States (where available): 484-530-42374

▪ **Or call collect: 484-530-5908**

or visit www.mccsonesource.com

userid: marines

password: semper fi

MCCS One Source is available at no cost to you. And best of all, it's here for you—any time of day, wherever you are. So get in touch with us today. We have consultants who speak Spanish and offer simultaneous translation into more than 140 other languages. TTY/TDD also available.

